Resentments (past events) Pages 64-67

Column 1	Column 2		Column 3					Column 4			Column 5
I'm Resentful at:	The Cause:		Affects my: Which part of self was hurt or threatened?					Where had we been selfish, dishonest, self- seeking and frightened?			
We listed people, institutions or principles with whom we were angry.	We asked ourselves why we were angry.	W									Where were we to blame? The inventory was ours, not the other man's. When we saw our faults we listed them.
	Definitions of Terms used in Column 3: Self-esteem= What I think of myself. Security= Our basic need for money, food, job, place to live and emotional well being. Ambitions= The things we want. Goals and desires for the future. Personal Relationships= Relations with or toward other people. Sex Relations= Ambitions for sex. Appropriate and inappropriate. Pride= What I think others think of me.	Self-esteem	Security	Ambitions	Personal Relationships Sex Relations	Pride	Selfish	Dishonest	Self-seeking	Frightened	Prayer from page 67: "This is a sick man. How can I be helpful to him? God save me from being angry. Thy will be done".